



EXERCISES *Word Search*

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O L S T A U Q S W V X L H Q Q T E I S N V F U C
Q T M T F R O G J U M P S P Q P I R A G X Z E N
Z R K T F F E Z K Z B V G W H U S O O L S Z O I
N A F Q V V A N I M A L C R A W L S G J K W G S
S K X E K J A I A G N I L C Y C A T R U O D N R
W T M C R L B H R D B P X B S H T O M M D A I Z
G E R C P V H K J J M Q N O T R E E Y P W N K R
E E V E Y Y R E F S S T O N J U Q T O I G R L K
R M A R T I A L A R T S U Q T V T O G N S Y A T
S T V S Y C S H W P U S H U P S H U A G L F W I
E K A K T V H L W A L L S I T C Y C R J U C D X
N X A J P X M I J A Z W G C I M F H P A P I A J
S D I B W E L O N L T P R U Y P S E W C H K C U
T T H K R Y K E S G F F B K K E H S S K L N B M
E M O U N T A I N C L I M B E R S N J S U E V P
P E H B B A G J F G W F R P T R A P R I G E D R
S N W M T P V U L I J S R T O M J X N J M L R O
X G Q D K S O F O T K U Z R R J M H T J P U T P
R N T P B I R B O O B R U E X K A U C T L N I E
F I X N Z T J R R Q E X P G Y B W C C U E G M C
T G Y B E U M N D Z T U P Q K O K F R K Q E B S
O G S Z P P T R I Q S S H I G H K N E E S R R P
R O V N S S E G P H T U Z J R V E X O O S J G V
Q J F U N D N W S Q B G N I P P I K S K H O P S

*Animal Crawls - Burpees - Cycling - Floor Dips - Frog Jumps - High Knees - Hops - Jogging - Jump Rope
Jumping Jacks - Knee Lunge - Martial Arts - Mountain Climbers - Planks - Push Ups - Sit Ups - Skipping
Squats - Steps - Stretching - Supermans - Toe Touches - Walking - Wall Sit - Yoga*